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- Progress — A Responsibility or a Privilege
- Vitamin C and The Common Cold
- Families in Transition — The Development of Services in Publicly Assisted Housing in New Brunswick
- Home Economics, Family Studies and Community Services — A Report of Three Opportunity For Youth Projects



CANADIAN HOME ECONOMICS JOURNAL

EDITOR:

MISS MARGARET C. SMITH

102 Airdrie Road
Toronto 17, Ontario

ASSOCIATED EDITOR:

MRS. JANE SIMMS

Consumers' Gas Company
19 Toronto Street
Toronto 1, Ontario

FEATURE EDITORS:

MRS. MARJORIE ELWOOD

60 Ravenscroft Circle
Willowdale 234, Ontario

BUSINESS MANAGER:

MRS. LILLIAN GUSH

Apt. #206
606 Avenue Road
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BOOK REVIEWS:

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Milk Foundation
40 Park Road
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WHO'S WHO:

MRS. JEAN M. McCRAE

Dept. of Consumer Studies
University of Guelph
Guelph, Ontario

GENERAL SECRETARY:

MRS. JEAN BRADSHAW

901 Burnside Bldg.,
151 Slater Street
Ottawa, K1P-5H3, Ont.

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PRESIDENT'S MESSAGE

This promises to be a busy summer for home economists across the country beginning with the pre-convention course *New Horizons in Food* at Acadia University, Wolfville, from June 28-30.

This will be followed by our national convention *Echoes and Soundings* from July 2-6, at the Hotel Nova Scotian in Halifax. Then, for several of our members, it's on to the I.F.H.E. Congress in Helsinki, Finland from July 23-29. In the last issue of the Journal our C.H.E.A. liaison to I.F.H.E. Wanda Young, published an excellent article in the International Federation of Home Economics which I'm sure must have stimulated your interest. She also explained how one may become an associate member.

The International Federation has a special project referred to as "Objectives 2000". Their goal is to have 2000 associate members in attendance at the congress.

To attend all three of these conferences could be a truly enriching experience.

Maxine COCHRAN

"PROGRESS — A RESPONSIBILITY OR A PRIVILEGE"

by BETTE JOHNSTON

Home Service Representative, Consumers' Gas Company, Toronto, Ontario

"There are only 60,000 Eskimos in the whole world, of which 12,000 are in Canada. If 'civilization' is to overwhelm them, can it first learn their friendly ways?"¹ Graham Rowley.

The north is changing rapidly and the people of the north are striving to meet these new challenges. We have the responsibility and the privilege of providing support and encouragement. Many positions for home economists in the Northwest Territories are not filled by home economists.

My purpose in writing this article is to share an understanding of the eskimo people and thus to help to develop further respect for the people and their culture; to describe briefly what living conditions are in the eastern Arctic; and to explain the home economics programmes in which I was involved. I leave it for the reader to determine where home economists could make valuable contributions to these people.

On graduation from the University of Saskatchewan in May, 1967, I went to Fort Churchill, Manitoba to visit a friend and stayed to teach Eskimo teenagers at the Church Vocational Center. Generally bright, happy young people they were eager to learn and were a real joy to teach. The students were flown in from their homes in Arctic Quebec, Baffin Island and the Keewatin where they had reached the highest level of formal education available to them. Although the Eskimo

NOTE: Miss Johnston spent two years teaching in the North prior to her present position.



Holding a class for local leaders.

family group is traditionally very close and these young people missed their families and communities they adapted exceptionally well to this life between the South and the North. I later learned that this same trait of adaptability was one which had enabled their ancestors to master their harsh environment. Fort Churchill had been chosen as the site of the school because of the facilities made available by the evacuating U.S. Airforce. These buildings provided classrooms, dormitories, residences for staff, mess halls, lounges, a theatre, library and coffee shop — all connected by corridors. Therefore, during very cold weather or "whiteouts" we could go to and from school without going outside. This school is now being phased out and N.W.T. students are attending schools within the territories.

The programme was relevant, flexible and exciting. This, plus the fact that I liked the way of life, convinced me to stay and to return for another term. The Home Economics pro-

gramme was divided into three main areas: Foods and Nutrition, clothing, and home management which included personal development, family relationships, a very practical home care programme, child guidance and home nursing. The students spent equal time in academic and vocational areas. Team teaching was essential to the success of the programme, and courses were developed by teachers and advisors to meet the needs of the students.

The school was designed to prepare students to go south for further training or to return to their settlements after graduation. Many students take further training in centres such as Winnipeg and Ottawa. While in the south students are housed with carefully selected families who, ideally, will include them in the family unit and provide them with the guidance, understanding and love they need. For these people this is a period of great transition and we must remember that it is not an easy adjustment.



Relaxing with friends in the sun, note the fishing spear.

The north has a great deal to offer its people and in the future we will see many of these young people returning to their settlements as valuable members of their communities.

I remember with amusement my first attempt to read aloud a list of students' names such as Alikaltuktuk and Inokpuk. In time these names became easy to pronounce and most interesting when I learned their meaning. Traditionally a child was given one name — often that of an ancestor. It was believed that the child was then guided by the wisdom of this person. Later it became common for a child to be given an English name also. The child does not inherit a surname from his father. For this reason, the government has issued numbers that follow the Eskimo name on official papers. This number identifies the person as to family and community. Persons working with eskimo people show respect for their heritage by striving to learn eskimo names and to pronounce them correctly.

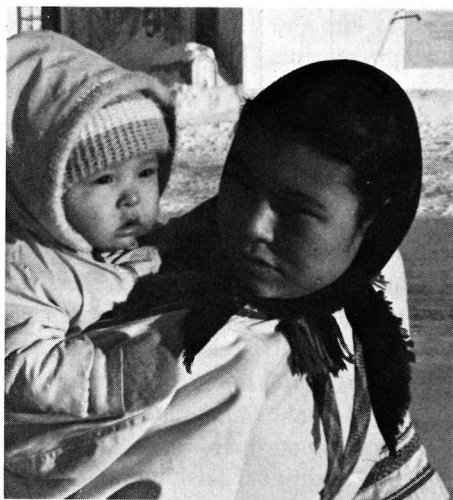
Yes, it was cold at times, but I can remember being colder, dressed in southern clothes and waiting for a bus in Calgary. My first glimpse of Frobisher Bay was in June, 1968, when I travelled with students returning home for the summer. We left Churchill at 6:00 p.m. and watched the sun prepare to set as we flew over the Hudson Bay toward Baffin Island. The group became quite excited as they spotted familiar landmarks such as Southampton Island and the white whales jumping in Hudson Strait. We landed in Frobisher at midnight but still in daylight as we were in the "Land of the Midnight Sun". The entire town was out to meet the plane

and I recall my surprise at the mountain background, the large buildings, the long modern airstrip and several Eskimo teenagers on motorcycles. We returned immediately to Churchill arriving at 6:00 a.m. and not having seen the sun set.

My vivid recollections of this period are the clean, brisk, freshness of the air; the adventure of whiteouts; the feeling of freedom and peace; the friendships; the sense of relative unimportance of time; the polar bears wandering through camp; the excitement of rocket launchings and the beauty of the aurora borealis.

I returned to Frobisher Bay eight months later by jet from Montreal. My purpose this time was to learn from living in small Eskimo settlements with the people and to teach a housing education programme for the Adult Education Branch of the Department of Indian Affairs and Northern Development. I was excited at the challenge provided by this opportunity to visit the homes of the students I had taught. I was to spend the majority of my time in small settlements such as Pangnirtung, Clyde River, Broughton Island, Pond Inlet and Resolute Bay. The programme was developed to accompany the move of Eskimo families from one room or tent houses to new prefabricated, three-bedroom houses being built by the government. With no history of living in a permanent dwelling, unique problems arise.

Houses were provided first to families with the greatest need. Rent was paid according to income. The houses were equipped with basic furnishings and were provided with oil delivery, water delivery, electricity, trash and sewage pick-up and disposal.



The programme of education was initiated in four phases. The first was the explanation to the people of the new rental programme. The second was the explanation of the operation of some of the fixtures and instruction in basic household maintenance. (Most people contracted in phase two were home economists). Phase three involved organization of the housing association and election of housing authority at local levels. Phase four was the use of "local leaders" to carry on adult education programmes.

My work was mainly with the women and I saw it as an opportunity to help make the adjustment to settlement living easier for the family.

Mary, my interpreter-assistant and travelling companion, and I lived in a settlement for about a month initiating the programme, providing literature printed in syllabics and training local leaders chosen by the women from amongst themselves. We then travelled on to other settlements while these women taught the others and all shared what they were learning. I checked back regularly to see how classes were

progressing and to offer assistance and encouragement. I taught them and they taught me.

Common areas of concern to the women were insufficient amounts of water for cleaning purposes; sanitation problems inherent in settlement living; storage problems arising from increased accumulation of material possessions accompanying increased living space; and nutritional problems as they attempted to use imported canned and packaged food to supplement or replace their traditional diet.

The traditional Eskimo life is a struggle for existence. Today they are leaving the life of the land for a life based on wage employment in the settlement, drawn by schools provided for the children. Traditionally, each family head was responsible for his family and each family provided goods and services for itself. Children learned from their parents. Today vital services of the community are provided by trained people and the labor of daily life is divided. The father often works for wages, perhaps for the government, perhaps for prospectors, or the family may receive government assistance.

Many carve and many still hunt and sell furs. The women continue to sew clothing from furs as they still seem to be the most suitable for the climate but this is supplemented by clothing purchased at the store.

Most settlement dwellers rely on game for about one-quarter of their diet and the remainder is purchased from the Hudson Bay Co. or the Eskimo co-operative.

"Women used to play a key role in the economy — pounding blubber into oil for light, heat and cooking; chewing skins for kamicks (the tradi-



Betty making a purchase from a local artist.

tional knee length boots) and generally helping her husband in the fight to survive. Now in a government house with the children away at school, she's in a real vacuum."² The women were most interested in the classes. They were eager to learn how to use the new goods and services and to care for the houses; the programme also offered a social time. The classes helped adults to be a part of the educational system. The mothers taught their daughters what they had learned thus offering a continuity between school and home.

Change is evident throughout the north. The dog has been replaced almost entirely by snowmobile. There has been little illiteracy in the Arctic for decades. Most people can read and write in Eskimo, using a syllabic alphabet. The children attend school and learn to read, write and speak English as well as Eskimo. Most settlements now have nursing stations and a few larger ones hospitals. Medical teams visit settlements regularly by air. Christianity has reached all settlements in the north and the church is generally a central force in the community.

The little settlement of Clyde on the east coast of Baffin Island above the Arctic Circle probably gave me a clearer understanding of the Eskimo heritage, culture and philosophy. Standing very much alone, away from the settlement where no trees grew and the ground is always frozen below the top few inches, surrounded only by snow and in this case, the mountains, I could begin to realize what strong, resourceful and imaginative people were required to adapt to the fierce environment, the harshness of the climate, the long darkness and the howling blizzards of winter, and always the danger of death from freezing or starvation. I marvel at how, from this barren land, men managed to feed and clothe their families, to build shelters, and provide them with heat and light for the long winter. I marvel at their sense of humour and their acceptance of reality.

But what of the future for the north? That the eskimo way of life must change is inevitable. Neither the "kablunak" (white) nor the eskimo can turn back. However, the concern of authentic civilization must be to preserve as much as possible the healthy, positive values of the old heritage. Mr. R. Gordon Robertson in his conclusion to "The Unbelievable Land" suggests that progress means the broadening of human possibilities. To enlarge the spirit of man, to enable him to bring out his best qualities, to give him the opportunity to reach, power to grasp, purpose to hold and promise to build."³

The main economic possibilities for the north lie underground in the domain of the minerals.

The Arctic's human future lies in all people, eskimo, indian, "Kablunak", or mixtures of the three accepting one

another, living, working, playing side by side. There is great beauty in this possibility. The north will then be run by the people who live there. We can learn so much from the eskimo especially of the way they have learned to live together without friction. The eskimo depended on hunting for his livelihood and there was little security in accumulated capital. Possessions hampered his mobility. What he killed could not be stored for long so he shared with his neighbour. For the eskimo, security lay in helping one another.

Of Baffin Island I remember again the freshness of the air; the frightening beauty of icebergs and the mountains; the wild flowers and rushing streams in the spring; the excitement of seal hunting, skidooing over sea ice and jumping the crevices at break-up; the midnight sun; the seeming absence of time; but mostly the beauty, honesty, warmth, quiet strength and easy happiness of the people. This is a heritage they are proud of."

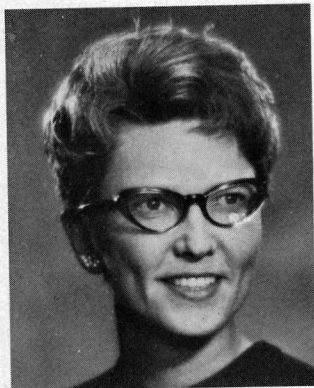
"When I was young, every day was a beginning of some new thing and every evening dawned with the glow of the next day's dawn."⁴ Eskimo poem.

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ELIZABETH (BLACKBURN) MULLEN

Alberta has been the scene for Elizabeth (Blackburn) Mullen. Born and raised there, she later received her degree from the University of Alberta, then a dietetic internship after which Mrs. Mullen was dietitian in several hospitals before retiring to raise her family of a boy and girl.

Betty has been, and is an active member in the city, provincial and national branches of C.H.E.A. and at present is the Regional Director for Alberta. Membership in these associations is a "vital and important part of my life", she writes. "It is a responsibility as well as a privilege and can be successfully achieved only through a concerned, informed and active membership involving a large majority of our professionals".

Besides her interest in her family, including her orthodontist husband, Mrs. Mullen finds time for golf, curling, bridge, decoupage and rug making, as well as occasional teaching in Adult Education and Extension Classes.



CHARLOTTE PAULA WADE

Charlotte Paula Wade, a native of Annapolis Royal, Nova Scotia, where she received her primary and secondary education, graduated from Mount Allison University and later, Columbia University. At present, Charlotte is an assistant professor at Acadia University, a position to which she brought her experience of being a chemist and a secondary school teacher.

As membership chairman for C.H.E.A., Miss Wade feels "that all professional Home Economists have a responsibility to join C.H.E.A. and should do what they can to hold and improve its position in the professional and business world".

Charlotte's hobbies include travelling at home and abroad, collecting stamps, sewing and her summer cottage with all its recreation facilities.



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VITAMIN C AND THE COMMON COLD

by G. H. BEATON, PH.D., and S. WHALEN, B.SC., *Toronto*

Reproduced from article originally published in *Canadian Medical Association Journal* 105:355, 1971

Success in the search for an effective cure or preventive for the common cold has eluded the health profession in spite of extensive research and numerous trials. Today our pharmacies are stocked with thousands of patent medicines intended for this purpose (the annual bill in the United States is estimated to be more than \$500 million). To the best of the writers' knowledge there is no evidence that any of these preparations will either prevent or ameliorate the basic disease process. Undoubtedly some of them offer at least partial relief of symptoms and are judged to be beneficial by the consumer. However, it is also probable that some are actually harmful, particularly if taken in excess.

To this armamentarium Linus Pauling¹ urges that we add vitamin C, to be taken in large doses as a preventive measure and in still larger doses as a treatment for the cold. In support of this he points to the benefits of "Orthomolecular Medicine", as defined by him, "the preservation of good health and the treatment of disease by varying the concentrations in the human body of substances which are normally present in the body and are required for health". This approach has great popular and, to a degree scientific appeal. However, it cannot be assumed to be either effective or without potential harm; adequate clinical testing is still required.

Is Pauling's proposed regimen of any greater value than the many nostrums now in use? Pauling is con-

vinced that it is, and concludes his book with the statement "I am convinced that the value of ascorbic acid should now be recognized." On the whole, his reviewers seem less convinced and have expressed or implied opinions that Pauling's views range from near quackery to a brilliant but speculative venture of an outstanding scientist who applies the approach of a theoretician to practical medical problems.

It is of interest that both the author and his critics seem to agree on one central point — at the moment there is no scientifically valid evidence that Pauling's proposed prophylaxis will work, at least to the degree that he claims, nor is there proof that it will not work. The major controversy hinges on a subtle but important point—upon whom does the onus of proof lie, upon him who proposes a new approach or upon the one who criticizes a new theory? The bias of the writers, and perhaps of many medical scientists, leads them to feel that until the evidence is much more substantive than at present, major claims and promotions are unwarranted.

The book itself is written with the fervour of a missionary, and in this cause Linus Pauling appears to take that stance. The introduction describes his earlier acceptance and personal trial of the high-level ascorbic acid regimen of Dr. Irwin Stone, an industrial biochemist. His conviction and mission are clearly stated in the conclusion to this section: "It will take decades to eradi-

cate the common cold completely, but it can, I believe, be controlled almost entirely in the United States and some other countries within a few years through improvement of nutrition of the people by an adequate intake of ascorbic acid. I look forward to witnessing this step toward a better world."

In his book, Pauling presents the theoretical basis of his personal conviction along with a discussion of concepts which relate to his basic arguments in only a minor way but which, to the casual reader, may give added credibility. In essence, Pauling's argument rests on the belief that some 25 million years ago man's prehistoric ancestors lost the enzymatic ability to synthesize ascorbic acid at a time when the intake of this vitamin was close to the optimum so that its synthesis was no longer an advantage. Since man is one of the few species that does lack the necessary enzyme for synthesis, this concept has credibility. Assuming that man was then a complete vegetarian, Pauling calculates his probable vitamin C intake on the basis of the composition of modern foods and concludes that this, the optimum intake by his theory, was within the range of 2.3 to 9 g. per day (in contrast to the usually recommended intake of 20 to 60 mg. per day). This would be a major overestimate if our ancestors at that time consumed significant amounts of either cereals or meats; it might be seriously in error if the foods then had a different composition from modern foods. Pauling enlists support for his theory by citing the amounts of ascorbic acid synthesized by the rat. Since the rat does not require a dietary source of the vitamin, Pauling suggests that it syn-

thesizes an optimal amount. If this amount is translated to the human on a simple weight basis, the estimate obtained is in rough accord with Pauling's predicted optimal requirement for man. On the other hand, if one attempts to translate the rat synthesis rate on the basis of "metabolic size", $W^{0.75}$, a relationship which seems more appropriate than simple weight for a number of other biological phenomena, the derived estimate of human requirements is much lower than Pauling's postulated figure, albeit still higher than the usual recommended intake. Pauling infers further support for his theory from the well-accepted concept of individual variability in biological phenomena. He suggests that in the case of ascorbic acid man's optimal requirement may vary from 250 mg. or less to as much as 10 g. or more. Thus, the response of an individual to a given level of ascorbic acid intake might vary depending upon where his own optimal requirement lay. These are the arguments of a theoretician and can only be challenged on a theoretical basis; it seems improbable that they will ever be proved or disproved by experimental test.

It is in the area of the claimed specific effect of vitamin C on the common cold that the controversy surrounding this book is most heated. Such claims are not new. There have been parallel claims for almost all of the vitamins dating from the period of their discovery and the realization by the medical scientist that the *lack* of a necessary factor, as well as the presence of a noxious factor, could be the cause of clinical disease. In the case of ascorbic acid, the literature does contain many trials. Unfortunately many of the

studies are poorly controlled or uncontrolled and must be discredited. A few are well controlled. But even here, Pauling and his critics differ on the interpretation of the data and more particularly on how it relates to his basic premise that large doses (much larger than those used in the reported trials) will eradicate or at least greatly reduce the incidence and severity of the common cold. To exemplify the difficulty, one study which has been cited and countercited by Pauling and his critics²⁻⁷ is described below.

In 1942 Cowan, Diehl and Baker⁸ reported the results of a study carried out with students at the University of Minnesota. Over a 28-week period the students took either a placebo or approximately 200 mg. of ascorbic acid on a daily basis and a record was kept of the symptoms which might be attributed to a cold. An inquiry was made of any history of previous colds in the participants. The results may be summarized as shown in Table I.

Pauling points out, without challenge, that the observed incidence of colds during the study was about 15% lower in the treated group than in the controls. He claims that this difference is statistically significant, although the original author suggested that the difference had little practical significance. The table reveals that if the histories are considered (and these are undoubtedly less reliable than the observations made during the study), it appears that there may have been a difference initially in the two randomly selected groups. The final column of the table suggests that both the placebo and the treatment brought about remarkably similar reductions in the apparent incidence of colds in these subjects. The

difference between the 62.5 and 65.5% reduction figures is appreciably less than the apparent difference in incidence (13%) during the trial period. What interpretation should be placed upon these findings? Opinion differs.

On the question of the severity of the colds, Pauling notes that the authors reported a reduction in the number of days lost from school from 1.6 days per person to 1.1 days per person in the experimental group. Taking into account the different incidence of colds in the two groups, in a later commentary on the book Pauling calculated that the average number of days lost per cold was 0.73 for the control group and 0.58 for the experimental group — a 20% reduction. He suggests that this is a measure of severity and concludes that ascorbic acid reduces the severity of colds. The number of complications might also be considered a measure of severity, and this was reported in the original paper to be somewhat higher in the experimental group than in the control group. Again one might ask what the correct interpretation in the present context should be.

Pauling cites from the literature a number of studies which suggest at least small effects of vitamin C. As already noted, some of these are seemingly well-designed studies subjected to statistical tests. More dramatic claims emerge from the uncontrolled or poorly controlled studies. The latter have already been scrutinized and have not swayed the general opinion of the medical profession or the nutritional scientist. In some cases there has been doubt about their validity either because of poor design or simply because of the difficulties of interpreting clinical

trials relating to such a broad syndrome as the common cold. In other cases the magnitude of the effect did not seem to warrant adoption of the approach. Pauling argues that the consistency of the findings in the studies he cites gives them credibility. Further, he suggests that the magnitude of the effect, even if small, is sufficient to produce major economic savings if this treatment were adopted. More important, Pauling postulates that if the relatively low levels that have been tested bring about reductions of the magnitude described, the doses he proposes (1 to 2 g. per day in divided doses and 4 to 10 g. per day at the onset of symptoms of a cold) would have a much greater effect when routinely instituted. Since this regimen has never been subjected to controlled clinical trials, the prediction can neither be substantiated nor refuted. Even Pauling comments: "I do not know how effective this regimen really is — whether 90 percent of all colds can be stopped, or perhaps only 75 percent or 50 percent. Even 25 percent success would be well worth while." From the quotation cited earlier, it is apparent that Pauling thinks that the success rate will be almost 100%. Many of his critics are a good deal less optimistic.

In conclusion, how do we assess Dr. Pauling's claim for the use of vitamin C in the prevention of colds? Unsubstantiated. Do we think that practitioners should advise their patients to take the amounts of vitamin C proposed by Pauling? No. Do we think that controlled clinical trials should be undertaken to test his proposal? On the basis of the arguments presented in the book, it is doubtful whether we would be in favour of such a course. How-

April, 1972

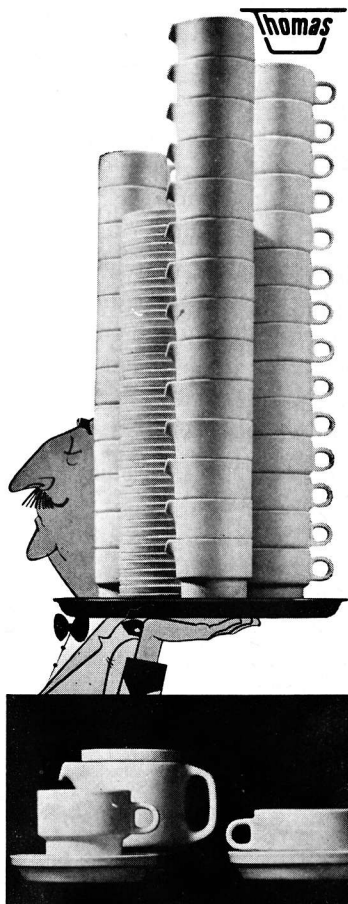
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ever, when a theoretician as prominent as Linus Pauling puts forth arguments as fervently as he does, unorthodox to the medical scientist as they may be, they warrant consideration. When this is coupled with a realization of the apparent wide acceptance and probable wide implementation of his recommendations by the general public, the question of trials cannot be ignored. It may be that there is at least marginal benefit from supplementary ascorbic acid. It is also conceivable that the large doses of ascorbic acid so change urinary chemistry that there is potential danger in his regimen. This may be possible in patients with pre-existing renal problems. Either way, benefit or harm, we will not know the answer without trials. What, then, of those who are now following the advice given in the book?

It is very unfortunate that Linus Pauling chose to present his theories in the form of recommendations to the public with as much publicity as he did, before they were adequately tested. He appears to have felt that the message was so important that he had to do so. The next step is the responsibility of

the health community. Without adequate trials we are left with only opinions — and it must be admitted that the opinion of a man who has won two Nobel Prizes must carry some weight even when his remarks apply to a field which differs appreciably from his prime discipline.

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Table I
Effects of dietary supplementation with 200 mg. ascorbic acid

Treatment	Number of subjects	Incidence of colds		Reduction from previous year
		Previous year	During study	
Placebo	155	5.5 ± .12	2.2 ± .08	62.5%
Vitamin C	208	5.9 ± .14	1.9 ± .07	65.5%

Reprint requests to: Dr. George H. Beaton, Professor and Head, Department of Nutrition, School of Hygiene, University of Toronto, Toronto 5, Ontario.

CORRESPONDENCE

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Vitamin C and the common cold

To the Editor:

The review of my book, *Vitamin C and the Common Cold*, which was published in the August 21 issue of the *Journal* as a "Viewpoint", contains some serious misstatements and misrepresentations which I wish to correct.

The statement is made that the author and his critics seem to agree on one central point — at the moment there is no scientifically valid evidence that "Pauling's proposed prophylaxis" will work.

This statement is wrong. Some of the scientifically valid evidence is discussed in the following paragraphs, essentially as it was in my book. In my book I stated that the well-designed investigations that have been carried out have involved the use of rather small quantities of ascorbic acid (1000 milligrams per day or less), and that no large-scale study had been carried out with ascorbic acid in large amounts. The statement by Beaton and Whalen was probably based on their misunderstanding of this comment by me.

The reviewers also say that the doses that I propose, 1 to 2 g. per day, have never been subjected to controlled clinical trials. This statement is false. The investigation by Dr. G. Ritzel, a physician with the Medical Service of the public schools of the city of Basel, Switzerland, published in 1961, was carried out with 1000 mg. of ascorbic acid per day, and gave results with high statistical significance.

Beaton and Whalen make an astounding misrepresentation of the carefully controlled double-blind study

carried out by Drs. Cowan, Diehl, and Baker of the University of Minnesota. These physicians carried out a very good double blind study with nearly 400 subjects, half of whom received ascorbic acid in average amount 180 mg. per day, and the other half a placebo, over a period of 28 weeks. Careful records were kept of the number of colds and the manifestations of illness. The observations showed a decrease in incidence of the common cold by 14% in the ascorbic-acid subjects, relative to the placebo subjects. Moreover, there was a decrease in integrated morbidity, as measured by the average number of days lost from school because of colds, per subject, by 31% in the ascorbic-acid subjects, as compared with the placebo subjects. Both of these decreases are statistically significant. Cowan, Diehl and Baker state that statistical analysis of the data reveals that a difference as large as this would arise only three or four times in a hundred through chance alone, and that one may consider this as probably a significant difference, and vitamin C supplement to the diet may therefore be judged to give a "slight" advantage in reducing the number of colds experienced, although one might question the practical importance of such a difference. It is my opinion, as stated in my book, that a decrease in incidence by 14% and decrease in integrated morbidity (days of illness) by 31% is more than a "slight" advantage, and that it does indeed have practical importance.

Beaton and Whalen misrepresent this study by introducing a confusing dis-

cussion of an insignificant matter. Cowan, Diehl and Baker asked their subjects to make an estimate of the number of colds they had had during the preceding year, and the averages of these estimates are given in the paper. It is pure nonsense to lay any weight on these values for estimated number of colds during the preceding year, based upon the memory of the subjects. Yet Beaton and Whalen have chosen to introduce in their review a table comparing these unreliable numbers with the observed numbers of colds during the period of the investigation, and have minimized the discussion of the reliable decrease in incidence of colds during the period of the study.

Moreover, Beaton and Whalen mention that the number of complications might be considered a measure of severity and that this was reported in the original paper to be somewhat higher in the experimental group than in the control group. Cowan, Diehl and Baker say "those who took the vitamin C had, if anything, more complications such as bronchitis, otitis, and sinusitis than did those in the control group." The fact is that the number of complications in these groups is so small that the difference does not have statistical significance, and accordingly cannot be used as an argument for impeaching the statistically significant results of the careful study by Cowan, Diehl, and Baker.

Before 1961 there might have been some justification for saying that more evidence is needed before the conclusion is accepted that ascorbic acid has greater value than a placebo in providing protection against the common cold for subjects who receive ascorbic acid

regularly over a period of time beginning before the colds have been incurred, and who are exposed to cold viruses in the ordinary way, by contact with other people.

In 1961, however, the careful study by Ritzel was published in *Helvetica Medica Acta*. This study involved 279 subjects, of whom 140 received 1000 mg. of ascorbic acid per day and 139 received an identical placebo. The study was a double-blind one, with neither the subjects nor the physicians knowing which subjects received ascorbic acid and which received the placebo. Only after the conclusion of the work were the records turned over to a completely independent team of professionals, who carried out the statistical analysis, and were provided with the identification of the tablets. Each subject was examined every day by physicians, and the number of subjective symptoms of illness reported were noted, and verified to some extent by objective examination (measurement of body temperature, inspection of the respiratory organs, auscultation of the lungs, and so on). Persons who showed cold symptoms on the first day were excluded from the investigation. The results were that the ascorbic-acid subjects had 45% fewer colds than the placebo subjects, and that the average number of days of illness per subject was 61% less for the ascorbic-acid subjects than for the placebo subjects, and the integrated number of symptoms (recorded daily) was 64% less. Accordingly the number of colds was found by Ritzel to be 45% less, and the integrated morbidity (total amount of illness per subject) was found to be 61 to 64% less. Each of these results is statistically significant. The null

hypothesis that ascorbic acid has no more value than a placebo is rejected with high statistical significance, at the level *P* (one-tailed) less than 0.01. This investigation was very well planned and executed. I have not seen any significant criticism of it that would justify rejection of the observations.

My conclusion is that the regular ingestion of about 200 mg. of ascorbic acid per day leads to a decrease in incidence of colds by about 15%, and a regular ingestion of 1000 mg. a day leads to the decreased incidence of colds by about 45%. Moreover, these quantities of ascorbic acid ingested are indicated by the reported results to lead to a decrease in total illness (integrated morbidity) by about 30% and 60%, respectively.

No double-blind investigation that has been published has led to the result that the hypothesis that ascorbic acid has the foregoing amount of protective value, relative to a placebo, is to be rejected with statistical significance.

There is no doubt that vitamin C is far less toxic and has far fewer side effects than aspirin and other commonly used cold medicines. As mentioned above, there is evidence showing with high statistical significance that vitamin C, taken in proper amounts, has the effect of decreasing the incidence and severity of the common cold, whereas the ordinary cold medicines do not have this effect. I find it shocking that physicians and nutritionists should misrepresent the facts and should refuse to recognize the value of this important food, vitamin C, in improving health.

Linus Pauling

Stanford University,
Stanford, Calif. 94305

To the Editor:

In response to Dr. Pauling's letter we would disagree that we have misrepresented either his book or the controversy that has surrounded its publication. In our view we have clearly identified our personal responses to a series of pertinent questions. We would encourage the reader to examine the book and the many reviews that have been published before reaching his own conclusion.

While we have no wish to alter any part of our statement, we would again emphasize our major conclusion. In our opinion, Dr. Pauling's proposal has had insufficient field testing to warrant the widespread implementation he advocates. The solution, as we suggest in our article, is further field testing with full clinical supervision. Until such testing is done, the controversy will continue or the proposal, sound or unsound, will be gradually forgotten. Perhaps a Canadian clinical group would be prepared to undertake a study designed to provide definite answers.

G. W. Beaton, Ph.D.,
and S. Whalen, B.Sc.

Department of Nutrition,
School of Hygiene,
University of Toronto,
Toronto 5, Ont.

**BRESCIA COLLEGE
UNIVERSITY OF WESTERN ONTARIO
London 72, Ontario**

**HOME ECONOMICS 23
BASIC DESIGN**

Study of the elements and principles of design as applied to two — and three — dimensional work.

- No prerequisite
- July 4th - August 17th, 1972.
- Professor: Sister Helen Normandeau, M.S.

FAMILIES IN TRANSITION THE DEVELOPMENT OF FAMILY SERVICES IN PUBLICLY ASSISTED HOUSING IN NEW BRUNSWICK

by *GEORGE DEVINE*

Social Development Officer,

Central Mortgage & Housing Corporation, Ottawa 7

The need for related service

In Canadian terms, New Brunswick has a short history in publicly assisted housing administration. Formed in 1967, the New Brunswick Housing Corporation became the provincial co-ordinating agency for housing and related works in the province. It was evident from the beginning however, that the provision of physical shelter alone would not meet the demands or satisfy the needs of families relocating into subsidized family housing developments and complementary programmes had to be developed to allow for adjustment during the transition phase. A rethinking of provincial services in New Brunswick between 1964-1967 had resulted in the province assuming many of the services to the individual i.e. welfare, housing, health, education, etc. This centralization of services caused difficulties in certain areas but proved advantageous in co-ordinating and channelling related social services within rehousing schemes.

An examination of the potential consumer group revealed that for a high percentage of the families relocating subsidized rental housing was the only alternative because of resettlement and urban development projects. The traditional attitudes attached to shelter are still strong in New Brunswick and changes which require new attitudes, especially forced changes, as under expropriation, places the family in a

vulnerable position during the relocation process. Rehousing, even within the same geographic area, means a new set of relationships in terms of service personnel and neighbours.

The second major group whose needs had to be considered in planning related family services were families already living in substandard rental accommodation, comprised predominantly of single-parent families with social assistance as their chief source of income. This group faced the challenges of a new home with unfamiliar and modern services, a new neighbourhood, and often, like the former group, an adjustment from a rural setting to an urban environment.

The main service input, in the development of a complementary service programme, came from the Home Economics Branch, under the Department of Agriculture, and the Community Improvement Corporation (a provincial crown corporation responsible for administering the FRED agreement in ARDA areas and extensively involved in resettlement programs in the northeastern part of the province).

An experimental project

The initial interdepartmental program was focussed on the first large scale N.B.H.C. development to be completed and occupied — a 104 unit family housing project in Campbellton, N.B. One of the main reasons for this

project was to provide alternate accommodation for 30-40 families displaced from the clearance of a blighted area commonly known as "Rabbittown". Four home economists — two French speaking and two English, were provided through the Home Economics Branch with special funds provided by C.I.C. to begin a socialization project among the new families. N.B.H.C. provided a housing unit and equipment for meetings and a food preparation centre.

Liaison between the agencies involved was maintained at the supervisory level. The programmes centered around home-making techniques and group discussions directed toward the female head or spouse and teenage girls. Participation ranged from 20-25 percent among the French speaking families and slightly higher among the English group. The courses were not restricted to the former residents of "Rabbit-town" and included a cross-section of the population of the entire development.

Although interest was shown towards the home-making courses, many participants volunteered that they came more for the opportunity to socialize and discuss common problems and interests. They were particularly concerned over what their responsibilities and obligations were vis-a-vis the housing unit, the rental system and lease.

An explanation for their interest in the "politics" of the rehousing scheme can be found in the general confusion which existed in the community towards the new public housing project. There had been no community development programme to acquaint the prospective tenants with what to

expect in publicly assisted housing, and because it was N.B.H.C.'s first experience with direct administration of housing units, local facilities had to be utilized in the earlier stages, causing added confusion. This disfunction in the flow of information created another obstacle in the adjustment period. To avoid similar problems elsewhere, it was agreed that the socialization process begin prior to allocation of units and be the main trust in establishing good tenant-management relations.

Interdepartmental co-ordination of services

Discussions were held with Priscilla Mewha, Director of the Home Economics Branch, to work out the short and long term implications of utilizing home economists in the development of related services to the family.

To co-ordinate these programmes with the opening of new projects nearing completion, temporary arrangements had to be made. N.B.H.C. agreed to carry the financial costs of part-time personnel in Fredericton, while the Home Economics Branch provided programme development and day-to-day supervision. In Bathurst and Chatham, the Home Economics Branch provided staff and supervision and N.B.H.C. made space available.

The long term goal is to have full-time staff on a regional basis. Initially, one person would be required within the Home Economics Branch to work at the field level with a schedule of priorities developed by N.B.H.C. Permanent social service centres have been established in all of the major housing developments and temporary space is provided in each new development where a programme is to be conducted.

The role of the home economist

The overall objective of the programme is clear — to assist families relocating into new housing through the provision of related family services.

The home economist's input commences, after an applicant has been approved by N.B.H.C., with a visit to the prospective tenant to welcome him on behalf of the Corporation and to discuss the rent scale and lease, using the latter as a guide in exploring the obligations and responsibilities of N.B.H.C. and the resident.

The home economist begins to assess the families' requirements through this initial home visit and, after consultation with the project manager, the approach most suitable to the family can be established. Once allocation of the unit is complete, the home economist makes another home visit to answer any questions on the use of services, maintenance, etc. In some cases where the need is demonstrated the home economist may make a visit to the unit with the prospective family prior to allocation to familiarize them with the use of these facilities. Home visits are continued in consultation with the project manager, where it appears that the home economist's counselling and advice are both requested and needed. The home economist is careful to limit her role to the established terms of reference and not to duplicate management functions. Her responsibility once allocation is completed, centres around the development of a number of programmes based on the priorities of the tenant group. These range from health and nutrition sessions, head start projects, clothing construction courses, menu planning, budgeting, to family planning

and drug-aid counselling. In housing developments where adequate space is available, thought is now being given to providing day care facilities. In most cases, specific programmes are conducted by the particular public or private agency whose domain they fall under. In this way the home economist, after a period of socialization, assists by mobilizing the resources in the community, often making referrals for information and assistance to other agencies.

During the socialization process, residents are encouraged to see themselves as self-sufficient members of the community and as such they should be ready to initiate their own programs. This had led to the formation of ad hoc committees, such as recreation councils or women's clubs. As the tenant group becomes more self-sufficient and as community-based structures begin to develop, the home economist recedes into the background serving mainly as a resource person. Although the formation of tenant associations have never been a stated objective of the family service program, it has been observed that organization of these might parallel the development of community-based structures. In situations where the tenant groups have seen their needs fulfilled by this broader based organization N.B.H.C. has taken a positive posture by encouraging these associations to make full use of facilities, etc.

A positive outlook

It is perhaps too soon to evaluate this approach. It appears that where services exist within the same level of government a great deal more co-ordination of resources and joint plan-

ning can be achieved without formal structures. The experience in New Brunswick also suggests that the initiative must begin with the provincial housing body through the provision of space and facilities. Other departments and agencies can often supply resource personnel but because of budget considerations cannot go beyond the human resource.

The success of the services themselves can be attested to by the results: where extensive programs have been conducted, the transition period has been softened. This is reflected in a lower turnover of the tenant group, lower incidence of rental arrears, lower maintenance costs and better co-operation between the tenant group and management. The number of com-

munity-based structures which have resulted, suggests that the tenant group have taken a positive attitude towards their relationship with their new community. One serious drawback to this approach is that it is aimed primarily at the female population. Attempts to draw male residents into a number of programmes has not met with all that much success, although their participation in a number of community-based organizations has been encouraging.

The need for related social services in publicly sponsored housing must continue beyond the transition period. But to do so, all levels of the government service must have an enlightened attitude toward the requirements and stresses on families in transition.

**THE UNIVERSITY OF MANITOBA
FACULTY OF HOME ECONOMICS
DEPARTMENT OF CLOTHING AND TEXTILES
Winnipeg, Canada**

"CLOTHING CONTROVERSY"

This is the topic of a 2 day conference to be held June 1st and 2nd at the University of Manitoba.

The conference sponsored by the Faculty of Home Economics and Extension Division will focus on the effects of clothing on individuals and groups, with discussions centering around an historical overview of clothing, expression and communication through clothing and the clothing market.

Program participants highlighted at the conference will be Moira Johnston, co-author of "Fingleafing Through History," Dr. Anne Kernalleguen, Chairman of the Clothing and Textiles Division, University of Alberta, Dr. Christopher Knapper, Chairman of the Psychology Department, University of Saskatchewan at Regina, Evelyn Roth, Vancouver designer, and Ivan Berkowitz, Executive Vice-President of Monarch Wear of Canada.

This is the 12th in a series of continuing education programs sponsored by the Faculty of Home Economics.

For further information, write to:

Cecelia Fye,
Chairman, Home Economics Institute
Clothing and Textiles Department
Faculty of Home Economics
University of Manitoba
Winnipeg, Manitoba R3T 2N2

HOME ECONOMICS, FAMILY STUDIES AND COMMUNITY SERVICE — A REPORT OF THREE OPPORTUNITY FOR YOUTH PROJECTS

Prepared by Kathryn E. Kopf, College of Family and Consumer Studies, University of Guelph from information received from Dr. Elizabeth Feniak, University of Manitoba and Miss May Maskow, Ryerson Polytechnic Institute and the Guelph project.

Opportunities for Youth meant opportunities for a number of students in Home Economics and Family Studies. Three projects were funded at Ryerson Polytechnic Institute, University of Manitoba and University of Guelph. While each project had a different focus all provided students with experiences in human relationships which will prove valuable to them in the future.

The project supervised by the Department of Home Economics, Ryerson Polytechnic Institute, Toronto, involved 18 students and focussed on service to the urban community through education programmes and assistance to low income urban dwellers.

"Service to the community was provided by organizing programmes for various age groups and by working with individual families in the area of home management. A breakfast programme for children, who never had breakfast, was organized at Central Neighbourhood House; women learned to improvise and repair, as well as make, new clothes at several community centres; several families, through budgeting and meal planning, no longer had to run for vouchers just before pay day. Furthermore, their nutrition improved. Women and senior

citizens learned to control their life situations through programmes on food preservation and "cooking for one" classes. Some learned of the public and private facilities available to them. Senior citizens learned the importance, and sometimes the simplicity, of staying on medical diets. One girl reported that because of this, the possibility of hospitalization was, in one instance, diverted.

Ten Senior Home Economics students from the University of Manitoba had a unique opportunity to work in rehabilitation programmes for patients being discharged from Selkirk Hospital for Mental Diseases and to expand the role of Home Economics into the field of mental health, an area formerly overlooked by the Home Economics profession. This experience provided understanding of problems both within and outside of an institution. The students worked with men and women to aid their rehabilitation and re-entry in to the community through instruction in budgeting, nutrition, meal planning and home making skills.

For the acute (short term) patients, a basic programme was set up where home economics material was presented in a discussion group setting. The topics presented included clothing

selection and care, nutrition, meal planning and food preparation and home and money management. Also for the acute patients special interest classes were offered in food preparation and clothing construction. To give the patients practical experience in these areas, instruction was given by the students, using local high school facilities. These classes were intended to complement the discussion groups and aid the patients in rehabilitation and readjustment into the community. Two days a week, the students worked with the Social Service Department of the hospital, visiting former patients in their homes and helping them with their home management difficulties. For chronic (long term) patients, a programme was specifically designed to teach basic skills in daily living, stressing the needs of the individual. All the students agreed that the project was a valuable learning experience, having given them an opportunity to put into practice knowledge acquired from textbooks during the past three years. (The students feel that the implications for further work by home economists in the field of mental health are endless).

Ten Family Studies students at the University of Guelph were assigned as Family Studies interns with several agencies in Guelph and nearby metropolitan areas. This presented them with an opportunity to learn about work of the agencies and explore ways in which they might serve. Experiences ranged from developing and running a mobile recreation programme to family financial counselling to providing nursery school and parent education programmes. Given the challenges provided by the agencies it was essential that the

students have sound and broad academic background and personal maturity. The students reported that all their prior studies had been helpful in successfully meeting the varied problems which they encountered. The objectives were well met. As one student reported "I had the opportunity to see an agency at work and to get acquainted with professionals in the fields of social work, home economics, and psychiatry. This experience of being a part of a professional team was valuable in that I could see how the various disciplines augment each other to provide a continuous, encompassing service for the client."

The students from all the projects were enthusiastic about their opportunities and all hoped that similar experiences would continue to be available to other students.

SUMMER SCHOOL

University of Saskatchewan

Saskatoon Campus

Home Economics Classes Summer 1972

- 352A — Interior Design — Professor D. Hasell, July 3-22.
- 427B — Socio - Psychological Aspects of Dress — Dr. A. Kernalguen, July 24 - August 12.
- 390 — Current Trends in Home Economics Education — Mrs. E. Adam, July 3 - August 12.

Write:

University of Saskatchewan, Registrar, Saskatoon Campus, Saskatoon, for details on pre-requisites and registration. Deadline for registration June 1, 1972.

These classes may be credited toward the B.S.H.Ec. and the Home Economics major for the B.Ed. degrees at the University of Saskatchewan.

Happenings

Conference of University Course Directors of Home Economics, University of Guelph, November 4 & 5, 1971

Directors of Canadian University programmes in Home Economics and related fields met at the University of Guelph on November 4th and 5th, 1971. Eighteen universities were represented at this conference. The agenda included a review of the undergraduate, graduate and research programs in the field of Home Economics in universities across Canada. In addition to a

consideration of home economists as a professional group, the affiliation of Home Economics graduates with professional organizations in fields such as early childhood education, dietetics, social work and elementary and secondary education was discussed.

The reviews of university Home Economics programmes indicated encouraging developments, reflecting the diverse interests, objectives and assets of the various programmes across the country.



Delegates to the Course Directors of Home Economics meeting on campus continued discussions during a luncheon held on the second day of the conference. Left to right are shown, Dr. Virginia Campbell, Dean of the School of Home Economics, Acadia University; Dr. Lewis Lloyd, Dean of the Faculty of Home Economics, University of Manitoba, and Dr. Janet Wardlaw, Dean, College of Family & Consumer Studies, University of Guelph.



Miss Doris Anderson, Chairman of the Home Economics Department, University of Prince Edward Island; Dr. Hugh Branion, Assistant to the President, University of Guelph, who welcomed the visitors to the Guelph campus; and Miss Winifred Bracher, Acting Director, School of Home Economics, University of British Columbia are shown left to right.

Margaret McCready Scholarship Dianne Reid

The second recipient of the Margaret McCready Scholarship provided by the Alma Mater Fund, University of Guelph was Dianne Reid.

Dianne graduated from Mount Allison University with a B.Sc. (H.Ec.) and took a dietetic internship at the Royal Victoria Hospital in Montreal. She then enlisted in the R.C.A.F. as a dietitian and served in Canada and in Europe.

Dianne enrolled at the University of Guelph in 1970 as a candidate for the Master of Science degree in Applied Human Nutrition. Her area of research is geriatric nutrition.

C.R.A. Foundation Bursaries

The Canadian Restaurant Association Foundation announced in January 1972 the names of the fourteen winners of the bursaries. The C.R.A. Foundation is a non-profit organization and its bursaries are awarded to young people of "leadership qualities, character, professional promise and ability to get along with people, as well as a proviso that the person chosen is planning to enter some branch of the hospitality industry following graduation".

The Foundation also has two scholarships — \$1,200 and \$600, and is sponsoring a five year programme of industry research at the University of Guelph in the faculty of hotel and food administration.

1971 winners were from the provinces of British Columbia, Saskatchewan, Manitoba and Ontario.

Canadian Diabetic Association

"Reach to Teach the Diabetic Patient" is the theme of a Workshop



Miss Dianne Reid

being held by The Canadian Diabetic Association in Toronto. Paramedical workers involved in teaching programmes are welcome to attend the workshop. How, what, with what and when to teach the diabetic patient and their families in hospital, in home and in the community will be topics. The dates for the workshop will be May 31st and June 1st, 1972. Further information can be obtained from: Diabetic Workshop Committee, Room 110, 1 Spadina Crescent, Toronto, Ontario.

Canadian Display—London, England January 6 - 14, 1972

A Canadian exhibit was organized and sponsored by the Federal Department of Industry, Trade and Commerce at the International Hotel and Catering Exhibition in London, England — January 6-14th.

Seven food producers and twelve food equipment manufacturers were re-

presented. The popularity of Canadian foods was evident from the number of "samples" given away. Interest was also shown in the equipment there.

From this exhibit it is expected that several million dollars of business for the Canadian firms will result.

Department of National Health and Welfare Reorganization of Health Responsibilities

The Department of National Health and Welfare (the health side) has recently been reorganized into three programme branches: Health Protection, Health Programmes and Medical Services.

The Health Protection Branch has been formed by the combining of three directorates — the former Food & Drug Directorate, the Environmental Health Directorate and the Communicable Disease Centre along with the Epidemiology and Nutrition Divisions. This branch is to be composed of six units — Food, Drugs, Environmental Health, Laboratory Centre for Disease Control, Field Operations, Administration Services.

The Health Programme Branch is the new name for the Health Insurance and Resources Branch.

The Medical Services Branch will still be primarily interested in medical services to Canadian Indians and all residents of the Yukon and Northwest Territories.

Other responsibilities of the department include the Programme on the Non-Medical Use of Drugs, Family Planning Programmes, etc.

Seminar for Dry Cleaners at University of Alberta, November 15, 1971

The Textile Analysis Service was

established by the School of Household Economics at the University of Alberta to assist consumers and those businesses dealing with textile products.

On November 15th, 1971, a one-day seminar was held with the purpose of acquainting dry cleaners with the new developments in textiles. Retailers were invited for the morning session. Several members of the university staff presented papers and took part in the panel and work shop. Those who took part in this seminar considered it to be of great value.

SCITEC initiates major study of Canadian national science-based societies

Dr. Louis Berlinguet, President of SCITEC, the Association of the Scientific, Engineering and Technological Community of Canada, has announced the initiation of a study of national science-based societies in Canada. This study, under contract with the Science Council of Canada, is being conducted by Professor A. S. West, currently on leave from the Department of Biology, Queen's University, Kingston. Headquarters for the study are in Ottawa.

The SCITEC Study will assess the roles, characteristics, resources, activities and needs of more than 100 societies, including the social sciences, by way of requests for certain basic documents and information, and by personal interviews with officers of societies and other leading scientists. The variables among these societies are almost as numerous as the number of societies. Size, scope of subject interest, age, purposes, activities, publications, involvement with advancing or regulating a profession, and financial status are but a few of the parameters of differences.

Largely emanating from the deliberations of the Special Senate Committee on Science, scientists have been encouraged, in fact urged to have a 'voice', to speak out on matters relating to the development and direction of science policy in Canada. Can a 'voice' be developed by this motley assemblage of scientific societies? Or is it more likely that there will be a cacophonous and ineffectual chorus of 'voices'?

SCITEC was formed to provide a forum among scientists and among scientific societies, to assist in interpreting science to the public, and to assist in developing a more effective liaison between science and government. SCITEC has contracted with Science Council for the present study in the belief that a chorus of 'voices' need not be a cacophony, but can become a powerful and moving 'symphony'.

Even the most casual observer of the Canadian science society scene would quickly learn that many societies face problems, such as funding, dispersion of membership, competition from U.S. societies and conflict between regional and national bodies. The SCITEC study will attempt to suggest ways in which some of the problems may be solved, and ways in which these societies could better serve Canada in matters of science policy and respond more expeditiously on matters of public concern.

Further information on this study may be obtained from Professor A. S. West at Science Council of Canada, 150 Kent Street, Ottawa, K1P 5P4, telephone (613) 995-6888.

Graduate Studies in Nutrition

Information regarding graduate pro-

grammes offered by the Department of Nutrition, School of Hygiene, University of Toronto has been received at the C.H.E.A. office. There are three types of graduate courses — Diploma in Nutrition, Master of Science, Doctor of Philosophy.

Enquiries may be made directly to Dr. G. H. Beaton at the Department of Nutrition, School of Hygiene, University of Toronto, Toronto 5.

New Name, CanVin Products Limited reflects growing diversification of Canada Vinegars

Canada Vinegars Limited is changing its corporate name to CanVin Products Limited. In Quebec, the new corporate name will be Les Produits CanVin Limitée.

"The corporate group is now a multi-product organization, which in addition to producing a full range of vinegars, also owns and operates apple orchards; produces and packs apple sauce, apple juice, and a wide variety of fruit drinks and crystals; is the Canadian manufacturer and marketer of an extensive line of sauces and other condiments; and is also the Canadian marketer of a range of liquid and dry cocktail mixes."

Connoisseur Service

Air Canada's Flight number 625 . . . the Connoisseur Service . . . lifts off from Toronto's International Airport every evening at 7 p.m. and heads, non-stop to Los Angeles. During the four hour flight, the 16 first class passengers will enjoy the experience of a leisurely gourmet dinner comparable to the offerings of a Cordon Bleu French restaurant while flying 500 miles an hour at 30,000 feet.

"People are not entirely at ease sometimes when they board an aircraft and the best way to relax them, is to serve a gourmet dinner. It's also a superb form of entertainment. They will remember such a meal for a long time to come and they will come back for another memorable eating experience. You can see a movie anytime, but a gourmet dinner — très recherché," states Claude A. Villaudy, Executive Chef.

New Consumer Services Department

The Nova Scotia National Sea Products Limited, announced the formation of a new Consumer Services Department.

The new Department will meet directly with consumers and consumer groups as well as providing informational and educational assistance to the food professionals, including in the latter group the dietitian, home economist, food editor, hotel and restaurant menu planner.

Buck-A-Cup

The Canadian Restaurant Association sponsored a Buck-a-Cup campaign for crippled children during the month of March 1972. 32 branches of C.R.A. in co-operation with the Easter Seal Societies sold buttons for one dollar each. The purchase of a button entitled the owner to as many free cups of coffee or tea as he or she wished on March 29, providing they were wearing their button.

In March 1971 the Ontario and Saskatchewan regions of the C.R.A. both held Buck-a-Cup campaigns and succeeded in raising \$30,000 for the respective Crippled Children's Societies.

Ontario's Pork Producers Information Plan

Ontario's Pork Producers will launch a major programme in consumer information designed to acquaint buyers with the fact that today's leaner, meatier pork is a far different product than was the jowly hog of a few years ago.

Facts about the new pork will be directed through a new information arm, the Ontario Pork Institute, set up by producers for the purpose. The programme during 1972 will make factual information available to the food science and home economics sectors of educational institutions.

JOY GUILD

Miss Joy Guild died recently in Montreal. She was Food Editor of the Montreal Gazette. Miss Guild studied at Macdonald College, Ste. Anne de Bellevue and after graduation she joined the Quebec Women's Institute as a demonstrator secretary. Miss Guild joined the Family Herald in 1950 and in 1956 she became the Women's Editor. When the Family Herald ceased publication, Miss Guild worked briefly for the federal government and she also did research for the Vanier Institute of the Family. She worked with the Gazette, starting in 1969 as Editor of the Weekly Food Column, which later was enlarged to contain information on Consumer Affairs.

Miss Guild was a member of several professional groups including the C.H.E.A. for a number of years.

CHEA NATIONAL OFFICE

May we remind C.H.E.A. members that membership fees are due MAY 1ST. Fees notices will be mailed in April and in order to bring our files up to date, please complete the information requested on the folder.

Fees

Active and Associate	\$25.00
Retired Members	\$10.00

An active member who has retired from active practice in Home Economics for reasons of health or age and who has paid fees for a total of 20 years may apply to the Executive for membership as a retired member. (Applications available from National office.)

1972 Home Economics Graduates from Canadian Universities \$12.50
Graduate Students, members of C.H.E.A. fees may be waived
Membership fees for graduate students who are members of C.H.E.A. be waived for a maximum of three

years. (Applications available from National office.)

C.H.E.A. Membership Directory

The 1971 Membership Directory is available to members for non-commercial uses from the National office — cost \$5.00. For commercial purposes \$100.00.

C.H.E. Journal

Changes of address for the C.H.E. Journal mailing must be received by February 28 for the April issue, May 31st for the July issue, August 31st for the October issue and November 30th for the January issue.

Any copies of July 1971 and October 1971 Journals would be appreciated in the National office. Thank you to all the members who have responded before to our request for past issues of the Journal, and to those who may now be able to spare these recent copies.

J.B.

UNIVERSITY OF WINDSOR

Windsor 11, Ontario

DEPARTMENT OF HOME ECONOMICS

Intersession (May 15th to June 24th)

Home Economics 226: Housing and Interior Design I

Summer School (July 3rd to August 15th)

Home Economics 110a/b: Textiles and Clothing Construction

Home Economics 226: Housing and Interior Design I

Home Economics 227: Basic Food

Home Economics 331:* Nutrition

Note: A course marked with an asterisk () will be listed in the calendar as an experimental course. If there are not **FIVE** paid registrations by **May 15th** the course will be cancelled definitely.

Welcome New Members

New Members November 1971

British Columbia

Mrs. Margaret Gellert, 818 Dehart Ave., Kelowna — Teacher.

Mrs. Donna Hofmann, #308, 1855 Pandosy St., Kelowna — Teacher.

Mrs. Gladys C. Peter, Box 385, Salmon Arm — Teacher (Reactivated).

Saskatchewan

Mrs. Deborah C. Zerr, 327 Avenue F South, Saskatoon — Dietetic Intern 1971 Graduate.

Ontario

Mrs. Dorothea Austmann, 113 Brooke Ave., Toronto 12 — Home Economist, Canada Bread Co. Ltd., Central Laboratories.

Miss Patricia Booth, #10, 135 Echo Dr., Ottawa K1S 1M9. 1971 Graduate.

Miss Carol Manton, 21 Bromley Cres., Islington — Food Supervisor, Versafood Services. (Associate Member)

Mrs. Constance McCalla, Apt. 2, 125 Woodridge Cres., Ottawa K2B 7T4 — Home Economist, Food Advisory Service, Canada Dept. Agriculture.

Quebec

Mrs. Margaret Wallace, Protestant School Board of Greater Montreal, 6000 Fielding Ave., Montreal 253 — Supervisor Consultant (Associate)

New Brunswick

Sister Geraldine Doiron, Bouctouche — Teacher.

Nova Scotia

Miss Frances M. Campbell, Box 312, Shelburne — Teacher. 1971 Graduate.

Mrs. Norma Flewwelling, 7 Guysborough Ave., Dartmouth — Home-maker.

Sister Veronica MacNeil, Dominion — Teacher (Associate).

Prince Edward Island

Miss Marilyn M. Carew, O'Leary — Teacher. 1971 Graduate.

Miss Patricia Proctor, Hunter River — Teacher. 1971 Graduate.

Newfoundland

Miss Regina P. Kearsey, Bureau of Consumer Affairs, Royal Trust Building, St. John's — Assistant Consumer Consultant.

Mrs. Bonnie Stevens, Terra Nova National Park, Glovertown — Teacher. 1971 Graduate.

New Members December 1971

British Columbia

Mrs. Bjorn Bjornson, 1200 Woodland Dr., Penticton — Teacher.

Miss Consuelo C. Tongol, Box 1065, Salmon Arm — Teacher.

Saskatchewan

Miss Sharon E. Kiel, Box 7, Earl Grey — 1971 Graduate.

Ontario

Mrs. O. W. Hamilton, 1227 Agincourt Rd., Ottawa K2C 2J3 — Teacher.
Mrs. Rosemary Kenney, 1651 Victoria Park Ave., Apt. 502, Scarborough — Student O.C.E. — 1971 Graduate.

Miss Linda Marshall, 1071 Ambleside Dr., Apt. 305, Ottawa K2B 6V4 — Home Economist, Canada Dept. Agriculture.

Miss Barbara E. Robinson, Box 1906, Carleton Place — Teacher.

Quebec

Mrs. Mary Lou Rourke, Canada Starch Co., 1 Place du Commerce, Nuns Island — Consumer Service Director. (Reinstated).

New Members January 1972

Alberta

Miss Barbara J. Savoie, Box 487, Two Hills, Alberta — District Home Economist. 1971 Graduate.

Quebec

Mrs. Therese Pepin, 2014 Richer St., Ste-Foy 10 — Teacher. 1971 Graduate.

COMING EVENTS

April 23-26, 1972

CRA-OH & MA Food Service & Hospitality Show, Industry Bldg., Exhibition Park, Toronto, including the 28th annual convention of the CRA, and the 47th annual convention of the OH & MA.

* * *

June 12-16, 1972

Canadian Dietetic Association, 37th Annual Convention, Empress Hotel, Victoria, B.C.

June 28, 29, 30, 1972

Pre-Conference Workshop—Acadia University, Wolfville, N.S. — Food Technology.

* * *

July 3-6, 1972

C.H.E.A. Convention — Nova Scotian Hotel.

* * *

July 23-29, 1972

International Home Economics Association — Helsinki, Finland.

UNIVERSITY OF PRINCE EDWARD ISLAND
Charlottetown, P.E.I.

Summer School, 1972
July 4 - July 21, 1972

Home Economics 471 — Advanced Nutrition
Recent developments in research in human nutrition — oral and written reports.
Prerequisite: Introductory Nutrition.
Three semester hours.

MACDONALD COLLEGE
of

McGILL UNIVERSITY
Quebec, Canada

CONTEMPORARY TEACHING METHODS
IN HOME ECONOMICS
July 10 - 28, 1972

For further information write:
McGill University Summer Sessions Office,
Box 6070, Montreal 101, Quebec, Canada.

UNIVERSITY OF TORONTO
FACULTY OF FOOD SCIENCES
Toronto 181, Ontario

Summer Session (1972)

- Biological Chemistry and Human Nutrition
- Child Study in Home Economics

Winter Session (1972-73)

- Biological Chemistry and Human Nutrition
- Man and Environment
- Management and Human Resources

Biochemistry of Foods

N. A. Eskin, H. M. Henderson and R. J. Townsend

Academic Press, New York and London, 1971. 240 pp.

This book offers an introduction to the basic chemical and biochemical aspects of foods of plant and animal origin. It outlines the natural biochemical changes that occur in fruits and vegetables on post harvest storage, as well as the postmortem changes in meat, fish and poultry which affect consumer acceptability. In addition to natural changes, the text discusses those induced by processing or mechanical injury which also affect quality, and the control that can be exerted on these changes through an understanding of the chemical reactions involved, e.g., enzymic and non-enzymic browning.

The role and use of enzymes in food processing is discussed, as the increased sophistication in food production methods has recognized the importance and scope of this area of food technology. The final chapter is devoted to the microbiological deterioration of proteins, carbohydrates, fats and oils and the controls that can be exerted on these factors.

This book would be of interest to students of food chemistry, food technology, biochemistry and nutrition, and contains, at the end of each chapter, comprehensive references for additional reading. It would also prove useful to persons concerned with food production, quality control and research

and development; and would be a useful text for senior undergraduate and graduate courses in food biochemistry. However, because of the special nature of the material in the book, it would probably be of limited value to home economists and home economics teachers.

— Mrs. Beverley Reichert,
M.A., R.P.Dt.,

The Milk Foundation of Ontario.

The Family Guide to Better Food and Better Health

Ronald M. Deutsch

Creative Home Library, Meredith Corporation, Des Moines, Iowa, 1971, 277 pages.

This large-paged book, written by a professional writer is not as useful to Canadian home economists or nutritionists as it would be to their American counterparts, as it is based on the American Recommended Daily Dietary Allowances (RDDA) and their Minimum Daily Requirements (MDR). Besides some American food products differ considerably from ours. Also the book would have been more useful if the author had worked with a practical-minded nutritionist in its preparation. For example the diet he recommends for preteens and teen-agers would provide at least 2600 calories which for most of the girls and the preteens would no doubt be too many. About one quarter of the book is devoted to the problem of overweight. The height, weight tables on page 124 which were published by the U.S. Department of

Agriculture and which are not well known are an excellent addition. The author is verbose and includes a certain amount of information on DNA, RNA, the Krebs's cycle, somatotypes (body builds), BMR, Specific Dynamic Action and so on. Unless the reader is already quite well informed on these topics, the author does not explain them adequately. The book does contain a great deal of interesting material, although not without some errors. The two chapters (12 & 13) on food faddism are very well done and should prove useful. The book is written in relatively interesting style but it would be more useful if much of it was summarized at intervals.

— E. Chant Robertson,
B.A., M.D., Ph.D.
Toronto.

Occupational Housewife

Helena Z. Lopata

Oxford University Press 1971, \$10.50

This is a study of the modern American woman. It is based on a broad study of almost 1,000 women in the Metropolitan Chicago area. It includes women of different educational, ethnic and racial backgrounds, and on various social classes and economic levels.

The survey traces the social roles of the modern urban woman throughout the various stages in the family life cycle. Each chapter deals with one specific role. There is good historical background given on the role; the results of the survey are summarized in charts and are then analyzed by the author. Her approach is objective, sympathetic and sociological.

Some of the conclusions that are drawn throughout the book are:

- modern women are becoming increasingly creative and competent as housewives and as participants in American society.
- they are quite flexible in managing their changing roles during the family life cycle.
- their most difficult role is that of mother.
- the way a housewife perceives and performs her role depends significantly upon her educational level and that of her husband and upon the income available to her.

This is an interesting book on a topic that is receiving so much attention today but on which few systematic studies such as this one, have been done. This book would provide good reference material for any course involving a study of the role of women. It would be interesting reading for both traditionalists and supporters of women's liberation.

— Marilyn Forsythe,
Victoria Park Secondary School,
Don Mills, Ontario.

Dressmaking Simplified

Valerie I. Cook, 1971

MacGibbon & Kee, London, \$7.95

This book published first in Britain will probably be more useful and have more meaning for British sewers than for Canadian sewers. Many of the sewing terms used are unfamiliar or obscure in meaning and the methods described are largely out-dated by North American standards especially with the current interest in sewing with knits and other modern fabrics.

By placing a great emphasis on hand-sewing and basting the techniques outlined are thorough to the point of being tedious. There is almost no

suggestion of any of the time-saving accessories and methods readily available to the home sewer on this continent, e.g. pinking or machine overcasting for finishing seams.

In its favour "Dressmaking Simplified" fulfills at least a portion of the potential of the title with its presentation of sewing techniques. The easy-to-follow written instructions are supplemented by a generous use of large clear illustrations. This factor combined with the complete and elementary approach may make the book a suitable reference for a beginner who wants to learn basics — providing she has lots of time.

Reviewed by the Clothing Section, Home Economics Branch, Ontario Department of Agriculture and Food.

Ready, Set, Sew

Butterick, 1971, 320 pages, \$4.95

Sewing a garment requires far more knowledge than the actual construction techniques. All teachers are aware of such preparatory lessons as:

- Selecting Pattern Size and Figure Type
- Accurate Measuring
- Location of Important Information on the Pattern Envelope
- Choosing Fabric (as well as compatible shaping and lining fabrics and notions)

Familiarity with sewing tools is also important if the student is to create a professional product. This information is simply and clearly outlined in the first section of this book, which is referred to as "Ready".

The second section, "Set", includes topics dealing with the pattern, the instruction sheet, layout procedures, marking methods and special techni-

ques for some of the modern, hard-to-handle fabrics.

"Sew", the third section, is, as you would expect, construction details.

The level of instruction encompasses all areas of sewing achievement from basic skills to advanced tailoring methods.

The format is well-devised. Each topic is headed with heavy black type and is well-illustrated to clarify the written instructions. An appealing cover in bold red, white and navy, countless illustrations, and cartoon section title pages produce a book which students will not reject as another textbook but rather will enjoy perusing. As a basis for independent study this book is ideal resource material.

Sections which I found outstanding were:

- a) A Chart on 'Fibres, Fabrics and Care' (tradenames included)
- b) A complete glossary on 'Fabrics for Shaping'
- c) Muslin fittings translated into paper pattern alterations.
- d) Fittings pants
- e) Making men's ties

This is an up-to-date, comprehensive yet concise manual, useful to anyone interested in creating her own world of fashion.

Copies may be purchased from: Butterick Fashion Marketing Company, Box 4042, Terminal "A", Toronto 16, Ontario.

— Margaret Fina,
Victoria Park Secondary School,
Don Mills, Ontario.

"Everything About Sewing" Series

1. Leather and Leather-Like Fabrics.
2. Trims.
3. Knits.

4. Fur and Fur-Like Fabrics.
5. Pants and Jumpsuits.
6. Ponchos, capes, scarves and stoles.

Each booklet is complete, in every detail, on the topic under discussion. Each is 48 pages in length. A table of contents appears at the front as well as an index at the back. All have many illustrations which clarify the written text. As an independent study, these books would produce invaluable resource material.

Copies may be purchased for \$1.50

each from: Butterick Fashion Marketing Company, Box 4042, Terminal "A", Toronto 16, Ontario.

— Margaret Fina,
Victoria Park Secondary School,
Don Mills, Ontario.

The Finishing Touch

A 32 page, colourfully illustrated cookbook, from General Foods Kitchens, featuring a wide variety of desserts. Available for \$1.00 from General Foods, P.O. Box 9000, St. John, New Brunswick.

From The Editors' Desk

One of our problems over the last few years has been obtaining advertising for the journal. The advertising managers have worked very hard without too much success.

After much consideration and discussion, we concluded that we need some professional advice in this matter. Thus, we have arranged for Mr. L. P. E. Lacey to act as our advertising representative.

In the last few issues we have had pictures of those on the editorial board. On this issue we conclude this with a picture of Mrs. Jean McCrea who is our "Who's Who" Editor. There is a change on the mast head — a change of name, not of person — Sharon Smith is now Mrs. James Cannon.

Inner unrest has preceded every great deed and every successful venture, but unrest in itself leads to nothing. It must be accompanied by the desire to shape and direct the unrest into recognizable form and harness it to constructive purposes.



JEAN (OLLIVER) MCCRAE

Mrs. Jean (Olliver) McCrae is an assistant professor at the University of Guelph, Guelph, Ontario. She is with the Department of Consumer Studies, co-ordinating the area of Clothing.

ACADIA UNIVERSITY School of Home Economics Wolfville, Nova Scotia

HOME ECONOMICS 300

Introductory Course in Human Nutrition.

mid May — late June (6 weeks - 3 credit hours)
Study of the interrelationships of nutrients essential during metabolism and food sources of the nutrients.

Prerequisite

- course in Physiology and/or Organic Chemistry is desirable.
- admission on permission of instructor or Dean of School of Home Economics.

New consumer service department

In response to "the needs, suggestions and requests of the Canadian homemaker" National Seafood Products recently announced the establishment of their new Consumer Service Department headed by Mr. Larry Packwood, formerly of the sales management group. For further information regarding nutritional information of seafood products and more specifically of the High Liner family contact Mr. Larry Packwood, Consumer Service Department, National Sea Products Limited, Suite 211, 10 Shorncliffe Road, Islington, Ontario.

Frozen tea

Lipton's are test marketing a frozen tea concentrate in the U.S. They are the first company to venture into this line.

Hamburger helper

Really two helpers from the Betty Crocker Kitchens, packaged as Beef Flavored Noodle Dinner and Chili Tomato Dinner. The former is a 7.2 oz. package of enriched egg noodles and an appetizing beef sauce mix. The second one, weighing 8.4 oz., is made up of enriched macaroni and a chili-spiked tomato sauce mix. Each makes 1 lb. of hamburger something special and their preparation is so simple using but one frying pan. They were introduced in the East in December and in the West in February. Their suggested retail price is 59c.

New pumpkin pie filling

Following extensive research, Libby McNeill & Libby of Canada Limited last fall introduced into test markets in London and Peterborough a new pumpkin pie filling. Because it requires only the addition of two eggs, it is classed as an easier-to-prepare filling than the regular kind. Bob Bishop, product manager for this new item, is enthusiastic about its ease of preparation and its home baked flavour. The spicing, colour, texture and flavour were taste-tested and approved by 450 regular pumpkin pie consumers. So Libby Canada has high hopes for its new 28 oz. container of pumpkin pie filling. It contains enough to amply fill a 9-inch pie and retails for about 45c.

Child-oriented frozen meals

Last November a new concept in frozen foods was introduced into the test market in the London Kitchener Area by Libby, McNeill and Libby of Canada. These three "Libbyland Adventure Dinners" are made up of nutritious foods that children like in portions they can eat. Each dinner has a double meat entrée — fried chicken drumette and alphagetti and meat balls in the "Safari Supper"; wiener on a bun and spaghetti and meatballs in tomato sauce in the "Pirate Supper" and hamburger on a bun plus beans and wieners in tomato sauce in the "Sundown Supper". Each dinner contains children preferred vegetables and chocolate pudding. The packaging is

bright and interesting being designed for children in the three to eleven year age group. Each retails for about 79c.

New look tomato juice

Now Libby's has introduced the new feature to their 5½ and 10 oz. cans of tomato juice of any easy opening peel top. This opening device not only peels off easily and safely but is airtight and leakproof also. The 5½ oz. size tomato juice was introduced to fill the demand for a small, single service, easy to carry beverage that is perfect for snacking, lunch boxes, fishing trips, camping and hiking. Both sizes are available in packs of six cans.

Aztec

This is the name of a new, unusual vinyl wall fabric for covering walls of offices or dining rooms. Recently introduced in sixteen natural but bright colours, it has an embossed texture of a beautifully primitive design with the look of a lost age. The different colours carry such names as Temple, Cacao, Pepper and Montezuma. It is available in 53/54 inch widths. Colour cards and material samples in Aztec and other vinyl wall fabrics can be obtained by writing to Stauffer Chemical Company of Canada, Ltd., 207 New Toronto St., Toronto 510, Ontario.

Bread and gravy

I'm sure French's didn't develop their new Gravy Mix for Turkey with this in mind, but I just wish we had had their mix when we were youngsters and loved turkey gravy ladled over bread. This new sauce mix of the Reckitt & Colman's line of French's packaged sauce, gravy and seasoning

mixes is delicately and deliciously seasoned so it makes "second day" turkey very appetizing. However its turkey flavour comes only from the drippings in the pan. It comes in the familiar foil envelope containing ⅞ oz. of mix and sells for about 25c.

Basic white sauce mix

Reckitt & Colman have made it easy for everyone to make a "no-lump", tasty white sauce from their new White Sauce Mix. It has a rich buttery flavour and is ideal as a basic sauce for creamed chicken, ham and fish. I added a little grated Cheddar to this mix and made a delectable sauce for braised celery. It is the newest of French's sauce mixes. Packaged in foil, weighing ¾ oz., it is prepriced at 15c per envelope.

Ready-to-bake

Gordon K. Russell Foods Limited of Toronto have produced some wonderful tasting frozen cookies that bake in ten minutes, fresh and crunchy for the small fry in your family or unexpected guests. They are attractively packed in octagonal shaped flat boxes, color schemed for the 4 varieties — brown for the chocolate chip ones; caramel for the peanut butter and red for the oatmeal-raisin and the shortbread. The last named have that delicate, appealing flavour distinctive of fresh baked shortbread. Look for them in the frozen food section of your super-market or grocery store. They sell for from 63 to 69 cents and are in full distribution in Ontario, partial distribution in Quebec and will be available in the West in the near future. In addition to marketing frozen cookies, Russell Foods are developing a line of

other frozen food products which will include soups and entrées. It is a comparatively young company, having been founded in 1970 by a group of food industry executives headed by Gordon K. Russell. The company is small but flexible and if their future products are of the same high quality as their cookies they will be very popular.

Re-introducing Honeydew

1972 is the 50th anniversary of Honeydew. Now it is more flavourful than ever for its new formula contains honey, and benefits from the latest techniques used in orange processing and flavour retention. There are no chemical preservatives in this orange drink yet it has an extremely long shelf life. It is vitamin C enriched and since it is $\frac{1}{3}$ orange juice, it is an excellent breakfast beverage. Also, because of its unique flavour is preferred by many youngsters over soft drinks. For consumer use it is packaged as frozen concentrate in 6 $\frac{1}{4}$ and 12 $\frac{1}{2}$ oz. MiraStrip cans and ready-to-serve in 32 oz. and 64 oz. bottles. Honey Dew has proven to be a good mix for drinks as shown in a small booklet printed by the company called "12 fun drinks". For food service and other institutional operations, Frozen Honeydew Concentrate is available in 48 fluid oz. cans, 12 to the case. Also available in the institutional pack — 24-48 fluid oz. cans per case — is frozen Honeydew Grape concentrate; Honeydew Hot Chocolate, 12-2 lb. bags per case; Honeydew Orange and Grapefruit Sections packed 4-128 fluid oz. jars to the case, and Honeydew Lemonade in crystal form packed 12-19 oz. bags per case. Both in the retail and institutional sizes Honeydew is

available across the country. There are plans to produce in the near future a 4 oz. plastic cup of Honeydew for use in hospitals as an afternoon or evening nourishment and pleasure pick up or as a menu option. For further information contact Mr. George A. Burt, Food Products Division, C.D.R.H. Limited, 7 King Street East, Toronto 210, Ont.

With a Japanese flavour

Browsing through a small shop specializing in Japanese foods I came across some very interesting items. Even the Japanese have adopted the idea of instant mixes so I spotted 1 $\frac{1}{2}$ oz. foil packages of Kikkoman Instant Teriyaki Sauce for chicken, one for hamburger and one for spareribs with recipe suggestions on the back of the envelope for such delightful creations as Happiness Hamburg Patties. Instant Japanese Noodles with soup base under the label Top Ramen looked tempting too. For further information about these Japanese specialties write to Joe Ohari, General Manager, Furuya Trading Co. Ltd., 460 Dundas Street West, Toronto 133, Ont.

Crescents of ham

These are a perfect size and shape for smaller families. Swifts have cleverly packaged both their fully cooked Sugar Plum and Lazy Maple Hams in these 3 lb. Crescents — they reminded me somewhat of the shape of a flat igloo. Greta Elgis, Canada's Martha Logan, is really enthusiastic about these and I found them to be everything she said — convenient size, wonderful flavour and so easy to carve. If you haven't as yet tried Swift's Lazy Maple Sausage, there is a delicious treat in store for you.



for the
food service industry
a complete 'package' of
**high quality
foods**



COFFEE
FREEZE DRIED COFFEE
TEA & ICED TEA

HOT CHOCOLATE & CHOCOLATE DRINK BASE
FREEZE DRIED ORANGE JUICE

DRINK CRYSTALS

BEVERAGE SYRUPS

NON DAIRY CREAM

IDAHOAN DEHYDRATED POTATOES

FRUIT PIE FILLINGS

JELLIES AND PUDDING POWDERS

PORTION JAMS & JELLIES

PORTION KETCHUP, MUSTARD, ETC.

PICKLES AND RELISH

SALAD DRESSINGS

OLIVES & CHERRIES

FOUNTAIN SYRUPS & TOPPINGS

SOUP BASES & MIXES

DIETETIC & SODIUM RESTRICTED SOUP BASES

ALSO: A COMPLETE LINE OF VENDING SUPPLIES

SOLD NATIONALLY BY THESE STUART'S COMPANIES:



In Ontario: **Stuart's Branded Food Ltd.**

In W. Ontario: **Daly Grange Teas Ltd.**

In Quebec & Maritimes: **Sterling Teas & Coffees Ltd.**

In Western Canada: **Pells Restaurant Supply**

STUART'S BRANDED FOODS LIMITED, TORONTO

"SERVING CANADA'S FINEST HOSTS FROM COAST TO COAST"

THE UNIVERSITY OF BRITISH COLUMBIA

SCHOOL OF HOME ECONOMICS

Vancouver, B.C.

B.H.E. credit courses
SUMMER SESSION (July 3 - August 18, 1972)

H.E. 202 (1½)		Introductory Textiles
H.E. 203 (1½)		Elementary Nutrition
H.E. 205 (1½)		Community & Public Health Nutrition
H.E. 210 (1½)		Comparative Clothing Construction
H.E. 466 (3)		Special Problems in Family Relations
(Offered July 24 to August 11, 9:00 - 12:00 and 1:00 - 4:00 Monday through Friday. Instructor: Dr. Margaret Arcus.)		
Education 404 (1½)		Home Economics Methods
Education 440 (1½)		Home Economics Methods

The College of Education — University of Toronto

Three-Week Summer Course — July 4 - 21, 1972

CHILD STUDY

A three-week summer course will be offered from July 4 to July 21, by the Home Economics Department and the Institute of Child Study of the College of Education, in cooperation with the Faculty of Food Sciences, University of Toronto. The course will explore the place of children in the modern Canadian family, and the effect on children of the environment, family systems, education and patterns of socialization. The course will include lectures, presentations by representatives of agencies concerned with children and their welfare, as well as field experiences, and discussion groups. Dr. Grapko of the Institute of Child Study will be the lecturer.

Requirements for Admission: Applicants must hold an Ontario Elementary School Teaching Certificate, or a High School Assistant's Certificate, Type B, or a Vocational Home Economics Certificate, Type B.

- Credits:**
1. Qualified applicants may take the course as one-half course towards the Bachelor of Education degree.
 2. Elementary School teachers who wish to qualify for the Intermediate Home Economics Certificate may count this course as one course toward the five-course requirement. No credit toward an undergraduate university degree will be granted.

Auditors may also take the course without credit.

Fees: Candidates for B.Ed. credit	\$47.50
Candidates for credits towards Home Economics Certificates, \$20.00 per week	\$60.00
Auditors, without credit	\$60.00

For information and application forms for the above course, apply to:

The Principal,
Home Economics Summer Courses,
The College of Education,
371 Bloor Street West,
Toronto 181, Ontario.

THE UNIVERSITY OF ALBERTA
SCHOOL OF HOUSEHOLD ECONOMICS
 Edmonton 7, Canada

Summer Session — first term July 3 to July 21, 1972
 second term July 24 to August 11, 1972

half courses offered as follows:

- CL TX 302 — Interior and Exterior House Design (second term)
 CL TX 305 — Textile Design (first term)
 FAM 347 — The Adolescent, His Family, His World (second term)
 FAM 449 — Family Relations Colloquium
 (July 3 to July 11 — 9:00 - 12:00, 2:00 - 4:00.)
 FD NU 327 — Nutrition (Prerequisite FD NU 325) (second term)
 FD NU 466 — Project Course (Library and laboratory study with a written
 report on selected problems in human nutrition) (first term)

UNIVERSITY OF OTTAWA
FACULTY OF ARTS
DIETETICS — HOME ECONOMICS

- SDT 1200 Gastrology (6 cr.) 10:30 to 12:30 lab. G. Dubé
 16:30 to 18:30 theory
 (1) 3550 Vêtement I, Coupe et Création (3 cr.) I. Paul
 8:00 à 10:00 théorie
 13:30 à 15:30 lab.
 (2) 4152 Tailoring (3 cr.) 8:00 to 10:00 theory C. Ronsyn
 13:30 to 15:30 laboratory
 (1) 4172 Management Principles and Home Problems (3 cr.) D. Gaudet
 8:00 to 10:00
 4270 Child Development (6 cr.) 13:30 to 15:30 To be determined
 (2) 4570 La Famille (3 cr.) 13:30 à 15:30 To be determined
 4670 Développement de l'enfant 13:30 à 15:30 To be determined
 (1) 1st session starting on July 3 (2) 2nd session starting on July 24

Food standards

At the turn of the century, Canada had only one food standard — for tea. Then in 1910 and 1911 came standards for milk, meat, grain products, and beverages, both alcoholic and non alcoholic. These were followed in

1912 by standards for edible vegetable oils, fruits, honey and flavouring extracts. Today, Food and Drug Regulations contain standards for approximately 300 food items.

Reference — Dispatch . . . FDD and The Meat We Eat.

THE UNIVERSITY OF MANITOBA

FACULTY OF HOME ECONOMICS

Winnipeg, Canada

The following course will be offered at Summer Session, 1972.
Early registration is essential because the course will be withdrawn if enrolment is insufficient.

62.472. Housing and Environment

Evolution of housing types and their relation to environment through history; analysis of architectural concepts, technology, human, physical and psychological needs; contemporary housing from the economics, sociological and aesthetic point of view; community planning and national housing needs and conditions.

6 hours of credit.

LETTERS TO THE EDITOR

Dear Madame:

Does C.H.E.A. need an executive director? Many active professionals from coast to coast feel that our association has reached that point.

An executive director could carry out policy established by the Board of Directors, form a coordinating and connecting link between convention committees, and present the views of the association at all levels of government.

There is a growing recognition that in our changing Canadian scene that political influence is real and significant. We need a professional in Ottawa who can influence our political leaders. The minister for Consumer and corporate Affairs, for example, should be given opinions and views from C.H.E.A. — or do we abdicate and leave this role to C.A.C.

To become a stronger professional association we need active young graduates. (Active young graduates are

conscious of political and lobbyist forces.)

At the convention in 1970 we were challenged to effect the direction of change. Would not a professional home economist working in Ottawa as our executive director make C.H.E.A. a stronger professional association?

Sincerely,
May Maskow
President

Toronto Home Economics Association

Effective March 1, 1972

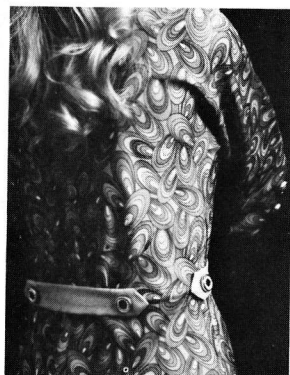
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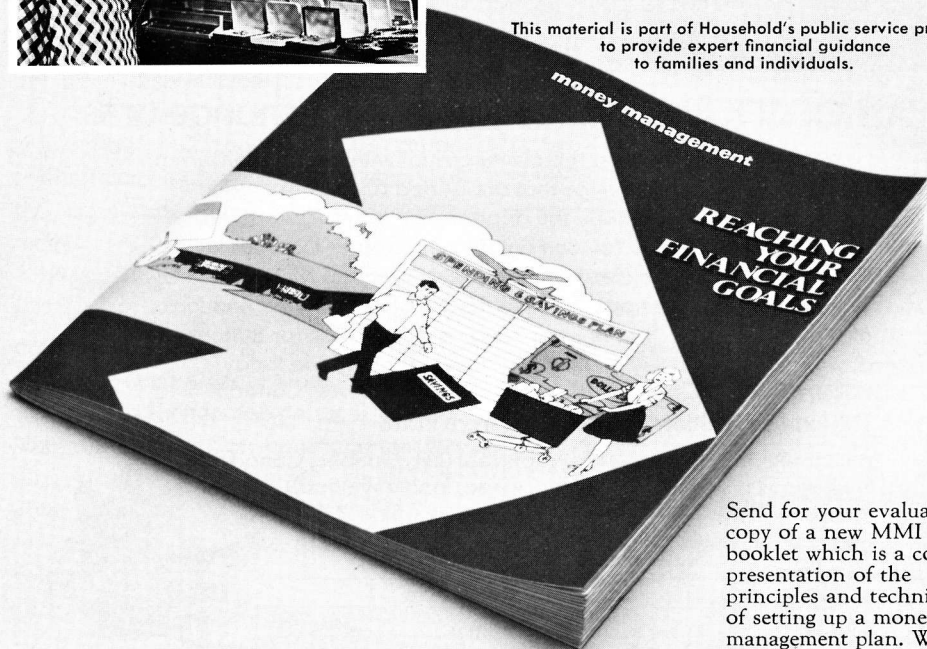
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